



“Who said  
life shouldn’t  
be a walk in  
the park?”

Every day, I try and get out for a good, 30-minute walk. It’s good for both the mind and the body. Plus, I know how getting out and about can help prevent chronic disease and allow me to keep on keeping on.

**Live Like Your Life  
Depends On It.**

**Live Well**

MESSAGE ALLIANCE



[www.dhss.mo.gov](http://www.dhss.mo.gov)